

October Offerings at IWM



Open Community Practice, via Zoom
Meditation followed by Blessing Circle (first Mondays)
Monday, October 3; 5:30 - 6:45pm ET



Open Community Practice & Discussion, via Zoom
Yom Kippur and the Buddha
with **Jaya Karlson** (Community Dharma Steward)
Wednesday, October 5; 7:00 - 8:30pm ET



Course, via Zoom
Discovering Dharma Ease
with **Michael Grady**
5 Tuesdays: Oct 11, 18, 25, Nov 1, and 8; 7:00 - 8:15pm ET



Open Community Practice & Dharma Talk, via Zoom
Forgiveness, Fire, and Realizing the Unconditioned Absence for Yourself
with **nico hase**
Wednesday, October 12; 7:00 - 8:30pm ET

Everyone is welcome at all of our offerings, regardless of ability to donate.
For more information, please visit our website: www.insightwma.org/offerings.

Insight Meditation Community of Western Massachusetts
(formerly known as InsightPV)



October Offerings at IWM continued



Open Community Practice & Dharma Talk,
in-person/hybrid; Florence Civic Center

Emptiness and Love

with **Rebecca Bradshaw**

Wednesday, October 19; 7:00 - 8:30pm ET



Retreat, via Zoom

Wise Effort: Keeping on with Love and Wisdom

with **Shelly Graf**

Saturday, October 22; 9:00am - 1:00pm ET



Open Community Practice & Dharma Talk, via Zoom

Dhamma Driving Lessons: Right Effort

with **Yenkuai Chuang**

Wednesday, October 26; 7:00 - 8:30pm ET

For in-person offerings, proof of vaccination and N95/KN95 masks required.

Suggested donation varies by type of offering. More information at the link below.

Everyone is welcome at all of our offerings, regardless of ability to donate.

See our website for updates about: our weekly Dharma talks (usually on Wednesdays 7-8:30pm); upcoming courses/retreats; and our community mediations (M, T, Th, F; times vary); or to join our mailing list.

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